

IN THE ABSTRACT:

~~The present invention relates to a~~ A reciprocating seal used, for example, for a shock absorber. A main seal lip 32 has a two-step lip structure including a first lip ~~32a~~ and a second lip ~~32b~~ and a plurality of protrusions ~~34~~ extending in the direction of the shaft are formed on a sliding contact surface of the second lip ~~32b~~, thereby improving frictional force characteristics and, at the same time, improving sealing performance.